

# State of Montana Benefit Plan

## Wellness Program Benefits



### Live Life Well Incentive Program (5.)

Members may earn \$30 if they complete all three activities prior to October 31.



<sup>1</sup>Health Screening



\*Self-report Nicotine Free Activity  
Self-report Eligible Provider Visit



### Disease Management Programs

- Hometown MTm Programs (4.)
  - ◊ Asthma Care *Reduced copay on medications*
  - ◊ Diabetes Care *Reduced copay on medications*
- Blood Pressure Management Program (1.) *Free blood pressure cuff and remote monitoring.*
- Allegiance Nurse Health Coaching (2.)
- Health Coaching - Montana Health Center (1.)
- Arthritis Walk With Ease Program (9.)
- Allegiance Complex Case Management (10.)

### Weight Management

- Weight Watchers (5.) *\$200 incentive every year*
- Healthy For Life Self-Study Program (5.) *\$200 incentive every year*
- Eating Well Recorded Webinar Workshop (5.)
- Health Coaching (see Health Coaching section)

### Prenatal/Maternity Benefits

- Allegiance Maternity Management Program (3.) *\$250 if enrolled in 1st trimester; \$125 if enrolled in 2nd trimester and complete the program.*
- Breastfeeding Benefits (5.) *Breast pumps, supplies, lactation consultation.*

### Disease Prevention Programs

- Health Coaching - Montana Health Center (1.)
- Diabetes Prevention Program (8.) *\$200 incentive every year*
- At-Work Chronic Disease Prevention Program (8.)

### Live Life Well Challenges (5.)

- Stay Active Challenge (spring)
  - Summer Challenge
  - Holiday Challenge
- Physical activity group challenges open to all members. Prizes for participants.*

### Health Coaching

- Health Coaching - MT Health Center (1.) *any issue*
- Allegiance Nurse Health Coaching (2.) *disease management only*
- Your Health Education (Digital Health Coaching) (12.)
- Participating Provider: CDE, nurse, provider, RDN\* (5.)

### Preventive Benefits

- Health Screenings<sup>1</sup> (1.)
- Flu Shots (1.) or (11.)
- Routine Vaccinations (1.) or (11.)
- Cancer Screenings (10.) or FIT tests (1.)

### Nicotine Cessation Programs\*

- MT Health Center Nicotine Cessation\* (1.)
  - Montana Quit Line\* (6.)
- Reduced co-pay on nicotine cessation medications (11.)*

### Employee Assistance Program (EAP)

Reliant Behavioral Health (7.) *4-6 free visits with a counselor, any issue/household member. Legal & financial resources.*

## Contact Information

1. CareHere—a Premise Health Company (Montana Health Center): (855) 200-6822 or [help.montana@carehere.com](mailto:help.montana@carehere.com)
2. Allegiance Nurse Health Coaching: (866) 458-0474
3. Allegiance Maternity Management Program: (877) 792-7827
4. Montana Family Pharmacies: (406) 298-4140 option 1 or [info@hometownmtm.com](mailto:info@hometownmtm.com) or <http://montanafamilypharmacies.com>
5. State of Montana Health Care & Benefits Division: (800) 287-8266 or [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov) or [www.benefits.mt.gov/livelifewell](http://www.benefits.mt.gov/livelifewell)
6. Montana Tobacco Quit Line: (800) QUITNOW
7. Reliant Behavioral Health: (866) 750-0512 or [eap@mt.gov](mailto:eap@mt.gov)
8. Diabetes Prevention or At-Work Chronic Disease Prevention Program: (844) 864-5848 or [chronicdiseaseprevention@mt.gov](mailto:chronicdiseaseprevention@mt.gov)
9. Walk with Ease Program: (406) 444-0959 or [walkwithease@mt.gov](mailto:walkwithease@mt.gov)
10. Allegiance: (855) 999-1057 or [inquire@askallegiance.com](mailto:inquire@askallegiance.com)
11. Navitus: (866) 333-2757
12. MyActiveHealth: [www.myactivehealth.com/som](http://www.myactivehealth.com/som)

Revised 12-29-20

This is a summary of wellness benefits available to State Plan members. A full list can be found at <http://benefits.mt.gov/Publications>.